

Heat Related Illness Prevention Daily Checklist 

Helpful guide you can use before the start of your workday

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| **Water:** | |
|  | Is there plenty of fresh, cool drinking water located as close as possible to  the workers? |
|  | Are water coolers refilled throughout the day? |
| **Shade:** | |
|  | Is there shade available for breaks and if workers need to recover? |
| **Do workers know the:** | |
|  | Common signs and symptoms of heat illness? |
|  | Proper precautions to prevent heat illness? |
|  | Importance of acclimatization? |
|  | Importance of drinking water frequently (even when they are not thirsty)? |
| **Training:** | |
|  | Steps to take if someone is having symptoms? |
|  | Does everyone know who to notify if there is an emergency? |
|  | Can workers explain their location if they need to call an ambulance? |
| **Emergencies:** | |
|  | Does everyone know who will provide first aid? |
|  | Drink water often |
|  | Rest in the shade |
|  | Report heat symptoms early |
|  | Know what to do in an emergency |